

## Claims

1. A food ingredient comprising soy grits and gluten wherein the ingredient is effective to make a food product having a structure substantially the same as a corresponding soy-free product made with wheat flour.
2. The food ingredient of claim 1 and further comprising soy flour to make a soy protein fraction wherein soy grits comprise up to 100% of the soy protein fraction.
3. The food ingredient of claim 1 wherein the soy grits are defatted.
4. The food ingredient of claim 2 wherein the ratio of weight percent gluten to soy flour is at least about 1:1.5.
5. The food ingredient of claim 1 wherein the gluten is wheat gluten.
6. The food ingredient of claim 1 wherein the soy grits comprise isoflavones.
7. The food ingredient of claim 1 and further comprising a container for the gluten and soy grits wherein the gluten and soy grits are mixed together to form a dry mix in the container.
8. The food ingredient of claim 1 and further comprising a first container for storing the gluten and a second container for storing the soy flour.
9. A dry mix comprising the food ingredient of claim 1.
10. The dry mix of claim 8 and further comprising wheat flour.

11. The food ingredient of claim 1 and further comprising starch.

12. The food ingredient of claim 1 and further comprising L-cysteine.

5 13. A kit for making a baked good, comprising the dry mix of claim 8 and a container for baking the baked good.

14. The kit of claim 13 wherein the container has a shape of a hamburger bun or a hot dog bun.

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15. The kit of claim 13 wherein the baked good is selected from the group consisting of French bread, Italian bread, brioche, wheat bread, egg bread, pizza crust, baguettes, bagels, potato bread, variety bread, bread sticks, rolls, pie crust, tortillas, pita bread, flatbread, multigrain bread, calzones, pancakes and waffles.

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16. A dry mix comprising gluten, soy grits and soy flour.

17. The dry mix of claim 16 and further comprising wheat flour.

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18. The dry mix of claim 16 and further comprising starch.

19. The dry mix of claim 16 and further comprising L-cysteine.

20. A kit for making a food product, comprising:

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A package enclosing gluten;

A package enclosing soy grits; and

Printed indicia providing instructions for blending the gluten and soy grits so that a ratio is about 1:1.5 weight percent gluten to soy grits is produced.

